STAR POWER

THE EXPENDABLES 2, STARRING JEAN-CLAUDE VAN DAMME, SHOWS YOU CAN NEVER HAVE ENOUGH BLOCKBUSTER TALENT ON THE BIG SCREEN PAGE 10

FRIDAY'S DRAW
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LONDON metro®
Tuesday, August 21, 2012
News worth sharing.
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SUMMER LIGHTNING

The London Lightning's Gabe Freeman looks on as Yafet Haddish, 13, of London hones his layup on Monday during a weeklong training camp at the YMCA of Western Ontario's Centre Branch. ANGELA MULLINS/METRO

Christian fest in flag flap

March for Jesus. Former Christian Heritage Party leader defends past remarks about Shariah law

ANGELA MULLINS
angela.mullins@metronews.ca

Christian flag fluttering at city hall or not, Saturday's March for Jesus and PrayerFest will move ahead, thousands of people strong, organizer G.J. Rancourt says.

"I'm not concerned in the least," Rancourt said on Monday. "It's not an issue."

City clerk Cathy Saunders has given permission for the flag to be raised outside city hall to mark the events. On Monday, she confirmed her office is "reviewing" previous comments Rancourt made about Muslims as they relate to the decision.

Rancourt, founder and former leader of the Christian Heritage Party in London, reportedly told a Toronto TV station that a "one-way ticket home" might be a good idea for those who want to practise Shariah law in Canada.

Saunders has said she was unaware of the statement when granting permission to raise the Christian flag for PrayerFest.

The clerk's office has authority to decide what flags fly outside city hall. The policy, approved by city councillors in 2008, prohibits flags representing a group or organization whose philosophy supports "hatred, violence or racism."

Rancourt argues that the Christian flag complies "with every rule in the flag policy." As for his personal views, he said his statements don't reflect "hate talk at all." He objects to practising Shariah law in Canada, not Muslims, he said.

"Representatives from every Christian denomination" will participate in Saturday's events, Rancourt said, noting the festival embraces diversity and tolerance. "We're laying aside any differences to come together in what we have in common — Jesus Christ."

Details about PrayerFest and the March for Jesus are at facebook.com/Prayerfest.

What is Shariah?

- Shariah is the moral and religious law of Islam. It deals with both public and private aspects of Muslim life.

Hot button

Some 70 London civil servants have been handed pink slips as part of Ottawa's austerity measures, and that's just the beginning, union reps warn PAGE 3

Hot water

Republican Congressman Todd Akin apologizes for his remarks about 'legitimate rape' but refuses to drop his bid for the U.S. Senate PAGE 4

Hot potato

Try Yukon Gold slices instead of pasta for lasagna the whole family can make PAGE 14

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Inspired Chicken with Jasmine Rice, p 65
EASY WEEKNIGHT ONE-POT DINNERS
• Serve up brain food
• Teach kids about money
• Get wet, get fit
HAPPY DAY! Dairy-free & gluten-free b-day cakes, p 60
Wild Garden Bento with Rice and Avocado Caterpillar, p 49
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tc • MEDIA

Kitchen gutted

Grease fire destroys apartment

The London Fire Department says carelessness led to a kitchen grease fire that destroyed an apartment on Trossacks Avenue on Monday morning. The fire department says $100,000 in damage was caused. AM980/AM980.CA

Saturday arrest

Lawyer in Rafferty case charged with impaired driving

Woodstock police have charged one of the prosecutors in the Michael Rafferty first-degree murder trial with impaired driving.

Brian Crockett, 64, was charged with impaired driving and failing to provide a breath sample. AM980/AM980.CA

Provincial deficit

NDP wants bonus ban for managers

The Ontario New Democrats are calling for a ban on bonuses for managers and executives in the broader public sector.

NDP Leader Andrea Horwath says she plans to introduce a bill that would put a freeze on bonuses while the province is trying to rein in spending. THE CANADIAN PRESS

Softball

Lightning place second at fast-pitch championships

The London Lightning won silver at the under-18 Canadian women's fast-pitch championships in Montreal.

The Lightning were defeated 7-0 by the Stratford Flames in the gold-medal game Sunday. METRO

Hard work, some clay in Old East Village

Marty Slimming of London makes a "wedding bowl" Monday morning at the London Clay Art Centre (664 Dundas St.). A recently completed overhaul of the centre's facade and gallery store is attracting more foot traffic and has helped spruce up the image of London's Old East Village, Slimming and others who frequent the centre said. The centre is owned and operated by the London Potters Guild. ANGELA MULLINS/METRO

City hall. **Council committees to discuss smoking, Western Fair parking**

City administrators are recommending an Oct. 1 public-participation meeting be scheduled to field comments on a proposal that could ban smoking in public spaces, like parks. That's the most stringent of the options outlined in a report to be presented at Tuesday's 7 p.m. community services committee meeting.

Also on Tuesday, at 4 p.m., members of city council's civic works committee will review a plan to install "no parking" signs around the Western Fair District to prevent people from leaving their vehicles in prohibited areas during next month's fair. ANGELA MULLINS/METRO

Unions call for solidarity against federal cuts

At risk. Local workers from departments like Service Canada, defence affected by Harper belt-tightening, reps say

ANGELA MULLINS
angela.mullins@metronews.ca

Quoted

"The government has yet to show anyone how these job reductions will lead to savings for Canadian taxpayers. Some of these jobs are the lowest-paid in the entire federal government."

John MacLennan, national president of the Union of National Defence Employees

At least 70 London civil servants have been told their jobs are being eliminated as part of the Conservative government's three-year plan to slash spending, union leaders say.

Additional job losses are expected, the union reps said, as government administrators take on departmental reviews to find savings.

"This is only the start. This is only the beginning of a downward cycle," said Sharon DeSousa, Ontario's regional executive vice-president for the Public Service Alliance of Canada. "What will it be a month from now or at the end of the year? We don't know."

The union "has been kept completely in the dark when it comes to exactly how many workers are affected and which specific jobs are being lost," DeSousa added. "The public sector did not create this financial mess yet we have become the scapegoat for the Conservatives."

DeSousa and John MacLennan, national president of the Union of National Defence Employees (UNDE), were in London on Monday as part of an awareness campaign about the impact federal cuts will have on Canadians.

"The government has said the front-office jobs will remain unaffected. I'm here to tell you these positions are not the back-office public-service jobs the federal budget describes," MacLennan said. "These are core functions to support the military that work in the front offices."

Of the local workers who have received pink slips, 35 are UNDE members who do everything from fix vehicles to issue uniforms at London's Wolseley Barracks. An additional 10 workers have been told their jobs are being reviewed and may be cut, MacLennan said.

Workers originally had been told their jobs would be gone next year. Last week, union reps were told the cuts would start in September, MacLennan said.

The Public Service Alliance of Canada is planning to make the cuts a big focus of its Sept. 15 National Day of Action, built around the theme "We are all affected."

Events are being planned in communities nationwide.

Follow Angela Mullins on Twitter @MetroAngela

SMEN 1

Mobile news

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Regina

Razor blades found in pool

Regina police are investigating after staff found razor blades at the bottom of an outdoor pool.

The city says the blades were discovered Sunday and were embedded in a slide at Dewdney Pool.

THE CANADIAN PRESS

Holy skinny dip

Congressman apologizes for nude Galilee swim

A Republican congressman representing Kansas has apologized for embarrassing his supporters by swimming naked at the holy site of the Sea of Galilee while on a fact-finding mission to Israel.

Freshman U.S. Rep. Kevin Yoder, 36, has not been charged in the Aug. 18, 2011, incident when he and about 20 other lawmakers and staff members jumped into the water. Politico reported Sunday that he was the only one among them who wore no clothes.

Yoder said it was dark and he was in the water for only about 10 seconds.

THE ASSOCIATED PRESS

E. coli

Produce supplier recalling lettuce

California produce supplier Tanimura & Antle said Sunday it is voluntarily recalling romaine lettuce that was shipped to 19 states, Puerto Rico and Canada over fears about possible E. coli contamination.

THE ASSOCIATED PRESS

Alberta

Union criticizing unreported farm fatalities

The Alberta Federation of Labour is criticizing the provincial government for no longer reporting farm fatalities.

The union says the move is an example of how "agricultural workers are being erased in Alberta."

"This decision to stop reporting the number and nature of farm deaths helps to hide the real problem — Alberta's deplorable lack of workplace protection for farm workers in the province," union spokeswoman Nancy Furlong said in a release Monday.

THE CANADIAN PRESS

Budget cuts. Liberals look to opposition to support teachers' bill

It's back to school for Ontario's elected politicians as the cash-strapped Liberals try to impose a new contract on teachers who oppose their demands to rein in spending and eliminate some benefits.

The legislature will return Aug. 27 to introduce a bill that would force a two-year deal on tens of thousands of teachers in elementary and secondary schools, government house leader John Milloy said Monday.

If the bill is passed, the government would also have the power to ban a strike or lockout for the next two school years.

But the minority Liberals need the help of one of the opposition parties to pass the legislation. Milloy called on the New Democrats and Progressive Conservatives to "step up" and support the proposed bill.

"I think it's unfortunate that it got to this point," he said. "We've had six months of collective bargaining that's gone on, but I think this legislation reflects the reality of moving forward and I think the opposition will recognize that and vote for it."

Premier Dalton McGuinty
THE CANADIAN PRESS FILE

THE CANADIAN PRESS

Potential strikes?

- The Liberals had threatened to introduce the bill if teachers didn't sign new contracts with school boards by the end of the month, saying the school year could be disrupted by labour strife.
- Two of the province's most powerful teachers' unions, who collectively represent about 93,000 teachers, insist they're not in a legal strike position and that the government is manufacturing a crisis for political gains.

Akin apologizes, but refuses to quit race

Rep. Todd Akin, seen here talking with reporters last week, apologized Monday for saying in an interview that women's bodies can prevent pregnancies in "a legitimate rape." ORLIN WAGNER/THE ASSOCIATED PRESS

'Legitimate rape' gaffe. Republican congressman appears on radio show as party members call for him to drop his U.S. Senate bid

A congressman running for the U.S. Senate apologized Monday for his televised comments that women's bodies are able to prevent pregnancies if they are victims of "a legitimate rape," but he refused to heed calls to abandon his bid for the Senate.

Todd Akin, appearing on former presidential candidate Mike Huckabee's radio show, said rape is "never legitimate."

"It's an evil act. It's committed by violent predators," Akin said. "I used the wrong words the wrong way."

Calls for Akin's exit from the race grew Monday, with at least two Republican senators — Scott Brown of Massachusetts and Ron Johnson of Wisconsin — saying he should resign the party's nomination.

The six-term congressman is the Republican nominee for U.S. Senate, opposing Democratic incumbent Claire McCaskill in the November election.

The election is one of this year's most closely watched races, as it represents one of the Republicans' best chances of defeating a Democratic incumbent as they try to gain control of the Senate.

McCaskill, who is seeking a second term, is considered vulnerable because of her strong ties to President Barack Obama — she was an early supporter in 2008 — and the fact that Missouri is considered an increasingly conservative state.

"The good people of Missouri nominated me, and I'm not a quitter," Akin said. "And my belief is we're going to take this thing forward and by the grace of God, we're going to win this race."

During the primary campaign, Akin ran TV ads in which Huckabee praised him as "a courageous conservative" and "a Bible-based Christian."

THE ASSOCIATED PRESS

Quoted

"Like millions of other Americans, we found (Akin's comments) to be offensive."

Republic presidential candidate Mitt Romney, who called Akin's comments "insulting, inexcusable and frankly wrong."

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Body parts likely belong to same victim: Police

Police are linking several body parts found in east Toronto to a woman's head, foot and a pair of hands discovered in a river west of the city — and investigators believe they're close to determining her identity.

A thigh, two calves and an arm were found Saturday and Sunday in West Highland Creek in east-end Toronto, Peel Regional Police said Monday. They believe it's likely connected to gruesome findings in the Credit River in Mississauga, Ont., which is about 45 kilometres away.

A group of hikers found a right foot with yellow-painted toenails in the Hewick Meadows Park area on Wednesday. Police found a woman's head on Thursday and the marine unit found a pair of hands in the river Friday.

"Investigators are convinced that there are obvious similarities," Sgt. Pete Brandwood said Monday.

Police are waiting for forensic test results to confirm their suspicions that all of the body parts belonged to the same person. In the meantime, investigators are poring over missing-persons reports to try to determine an identity, Brandwood said.

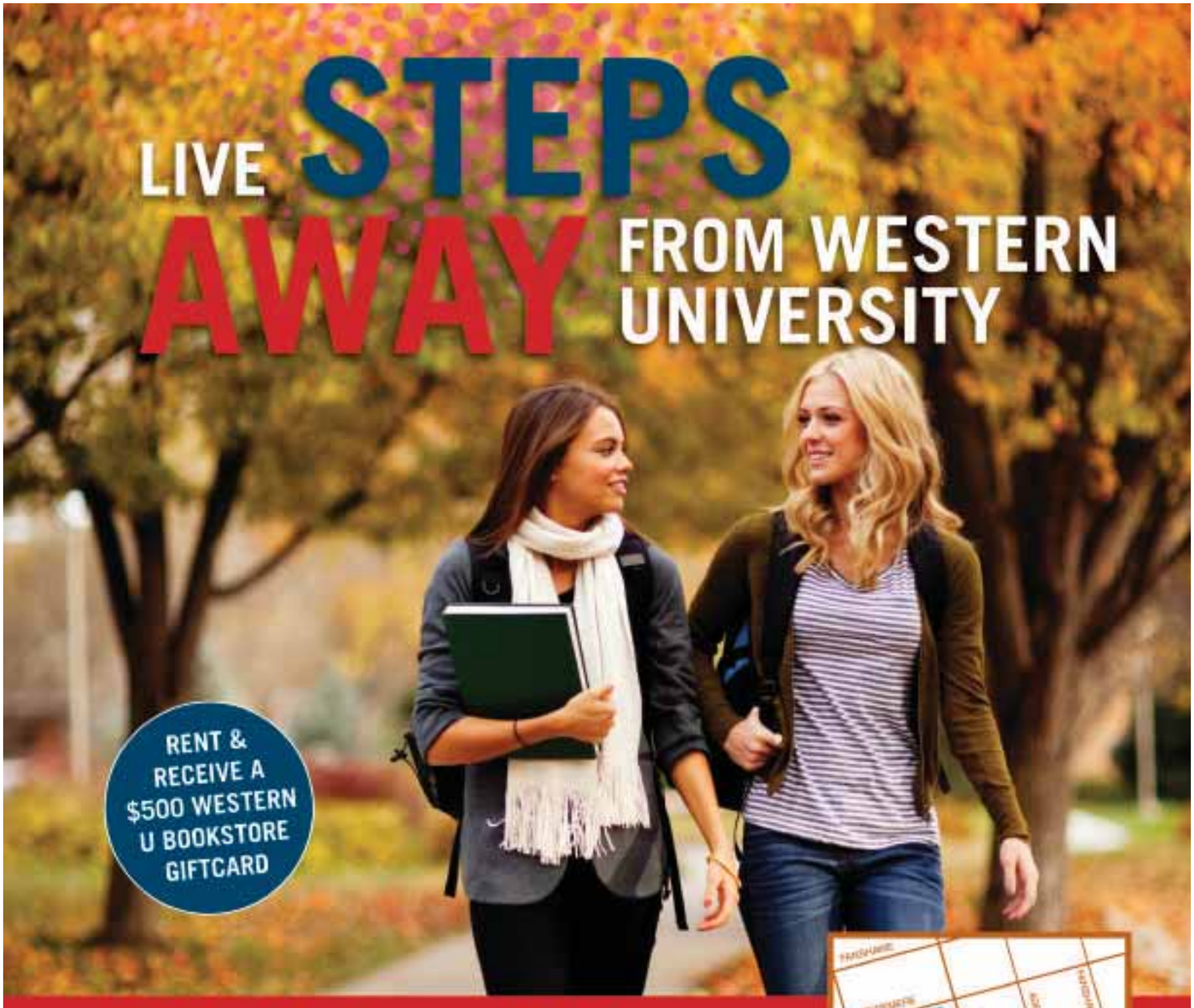
THE CANADIAN PRESS

Quoted

"I think we're pretty close to finding out who the victim is."

Peel Regional Police Sgt. Pete Brandwood

LIVE STEPS AWAY FROM WESTERN UNIVERSITY



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Serving up sweets.
Tennis star Sharapova launches candy line

Tennis player Maria Sharapova is going into the candy business.

The four-time Grand Slam title winner launched her Sugarpova brand of 12 types of sweets on Monday at Henri Bendel in New York City.

At this year's French Open, which Sharapova won, she called Sugarpova "the most exciting project that I've ever done ... because it's my own business, my own investment, my own money."

Sharapova is ranked third heading into the U.S. Open tennis tournament, which starts next week.

THE ASSOCIATED PRESS

Maria Sharapova appears for her Sugarpova candy launch at Henri Bendel in New York on Monday. GETTY IMAGES

Market Minute

DOLLAR 101.17¢ (+0.07¢)

TSX 12,706.03 (-13.85)

OIL $95.97 US (-4¢)

GOLD $1,623 US (+$3.60)

Natural gas: $2.776 US (+5.7¢)
Dow Jones: 13,271.64 (-3.56)

Carney apologizes for banknote controversy

Money problems.
Image of Asian woman removed from original design of new $100 bill after focus groups raised questions

The Bank of Canada has apologized for the way the image of a woman who appeared to be Asian was removed from the initial design of the new $100 banknote. BANK OF CANADA/THE CANADIAN PRESS

Bank of Canada governor Mark Carney apologized Monday for the way the image of an Asian woman was removed from the initial design for new $100 banknotes, promising to review the bank's internal processes.

"I apologize to those who were offended — the bank's handling of the issue did not meet the standards Canadians justifiably expect of us," Carney said in a statement. "Our banknotes belong to all Canadians, and the work we do at the bank is for all Canadians."

The Canadian Press reported last week that the image of an Asian woman was purged from the original design after some focus groups in October 2009 raised questions about her ethnicity.

Some of the participants said the Asian woman did not represent Canada; some said other ethnic groups should be shown as well, says a report obtained under the Access to Information Act.

By the end of 2009, an image of a white-looking woman was substituted in a move bank spokesman Jeremy Harrison said was to restore "neutral ethnicity." The original design never went into circulation.

Spokespersons for the Chinese Canadian National Council called the move "racist," and demanded the bank change its policies to stop "erasing" visible minorities from Canada's money.

THE CANADIAN PRESS

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Fairview Mall
Fairview Park Mall
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Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
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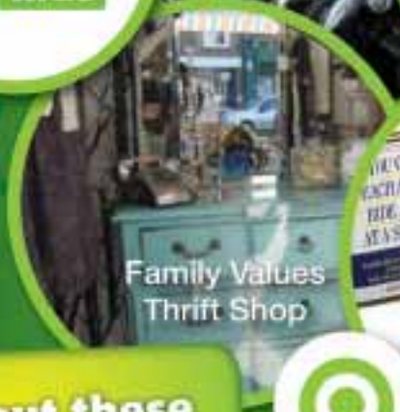


Check out these items and more!

Bidding Starts September 7

metro

15 KM FROM START TO FINISH

SHE SAYS ...
Jessica Napier
metronews.ca/voices/she-says

Last weekend I celebrated my 27th birthday and I thought I should do something a little different to mark the occasion. Rather than planning a night out of boozing and debauchery with my nearest and dearest, I decided to strap on my running shoes and embark on a 15-kilometre run with hundreds of strangers.

In case you've ever wondered what it's like to pound the pavement non-stop for 15 kilometres, I thought I'd invite you into the mind of an unwilling runner.

Here's what was going through my head every sweaty step of the way:

1 km: I feel great. Am I making this look easy? I think so. Perhaps I should follow Usain Bolt's example and invent a signature finish-line move.

2 km: Getting into the groove now. Running behind a friend whose rhythmic ponytail-swaying is helping me keep a good pace.

Instagram + running

"Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as 'Instagrunning.'"

3 km: Ugh. After spending two hours curating a playlist full of perfectly sequenced pump-up jams, my iPod seems to be stuck on shuffle. Also, whatever happened to DMX? Does he still make music?

4 km: I catch up to my friend who offers me something called a Honey Stinger, a chewy treat designed to give you a burst of energy. Why didn't anyone tell me that there was so much candy involved in running?

5 km: OK, feeling a bit dehydrated now. I probably should have forgotten my pride and purchased one of those lame waistband water-bottle harnesses.

6 km: A HILL? Nobody told me there would be hills!

7 km: Stomach pains. Clearly a salted caramel cupcake wasn't exactly a good pre-race snack.

8 km: Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "Instagrunning."

9 km: Can I make it another six kilometres without having to use one of those questionable-looking porta-potties?

10 km: At the 10-kilometre mark I spot a random road sign that reads: "Brake for Snakes." I immediately decide to picture a group of angry snakes slithering behind me and pick up the pace.

11 km: Four more to go and I can't stop thinking about drinking the largest glass of white wine when this is all over.

12 km: Blisters, blisters, blisters, blisters, blisters, blisters.

13 km: Whoops. I accidentally threw a half-full cup of Gatorade in the general direction of a fellow runner. Run faster to avoid eye contact.

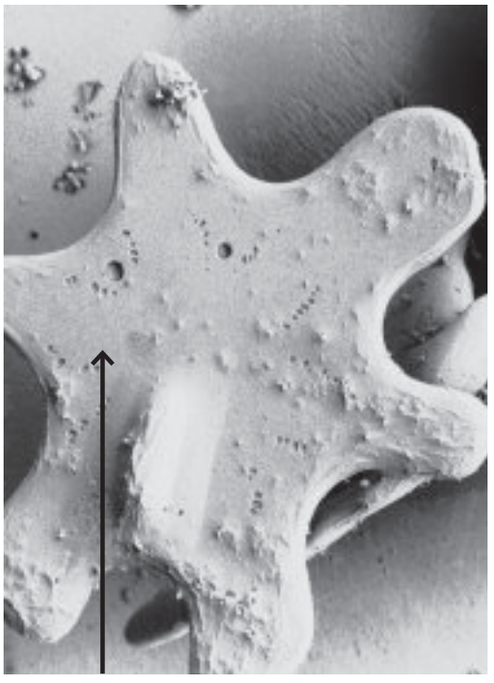
14 km: OK, you can do this. Harder, better, faster, stronger.

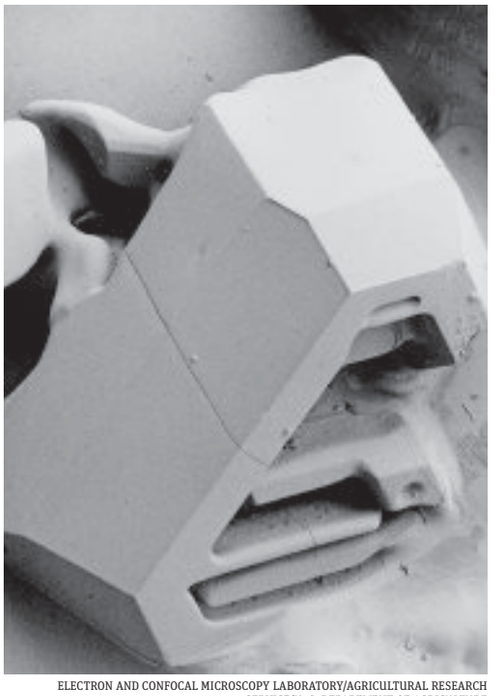
15 km: One hour and 38 minutes later and it's all over!

Someone give me my finisher medal and that aforementioned glass of wine.

During a 15-kilometre race, it's debatable whether your mind is running as fast as your feet. GETTY IMAGES

Snow way ... that's H2O?





ELECTRON AND CONFOCAL MICROSCOPY LABORATORY/AGRICULTURAL RESEARCH SERVICE/U. S. DEPARTMENT OF AGRICULTURE

Snowflake art

Snow pics reveal very odd shapes

One looks like an amoeba, the other looks like something out of a futuristic, otherworldly landscape.

But these are snowflakes and ice crystals captured in stunning high detail.

Taken with a low-temperature scanning electron microscope, the pictures are the work of the Beltsville Agricultural Research Center in Maryland.

METRO

Snow in detail

- **Studying snow.** Snow and ice crystals are collected on copper sample plates containing pre-cooled methyl cellulose solution. The plates are plunged into pools of liquid nitrogen, rapidly cooling them to -196 C. They are shipped to Maryland to be held in storage or examined on a pre-cooled (-170 C) stage of a scanning electron microscope, where they are photographed.
- **Objective.** To find out the water content of the winter snow pack. James Foster, a scientist at NASA, explains the science: "Less radiation from the ground is emitted with larger snow crystals as the radiation is more scattered. From this we can determine the thickness of the snow, and ultimately how much water it can hold."
- **Different shapes.** In their basic form, snowflakes are hexagonal in shape. But once they've fallen and interacted with heat or vapour, they undergo metamorphosis. "As a result, we can get really odd shapes," Foster said.

Specialist's view

"These images show that the phrase 'No two snowflakes are alike' is probably true."

James Foster, physical scientist in hydrological sciences at NASA.
Foster explained to Metro that all snowflakes are unique due to the fact that "their histories are slightly different. Everything from vapour, wind and heat affects them in a varying manner, resulting in a unique shape."

Metropolitan Panel

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Would you stay at an Ikea hotel?

Twitter

@XIXlovee:
#NothingIsBetter going to paris and newyork with your FD class... Hopefully i go to #Fanshawe LOL ill find out tomorrow

@4restcityshorty:
Is African Lions Safari a good venue for 2 adults to spend the day? Their website tells me "Yes!" but want #LdnOnt opinion! #imabigkidnow

@CorelChick:
I like seeing the vaccuum cleaner marks on the london transit seats. #ldnont

@MissBellaVita:
Wore Fall clothes today. That was a mistake. It's getting warm already. Don't fall into the trap! It's still Summer! #LdnOnt #Weather

@LeGiff:
My dreams get weirder. At one point I'm in room full of monarch butterflies then I am at a cooler filled with Wink! But then I woke up. :-(

metro
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SCENE 2

5 of the best ensemble films

With The Expendables 2 taking the No. 1 spot at the box office last weekend, we have proof once again that if you pack a ton of high-profile talent into one film, you can't lose. Here we take a look at some of the best high-head count films.

HEIDI PATALANO
Metro World News in New York

1 The Avengers (2012)

The cast: Robert Downey Jr., Scarlett Johansson, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Samuel L. Jackson, Chris Evans, Gwyneth Paltrow, Tom Hiddleston, Cobie Smulders, Stellan Skarsgard

High-power head count: 11

Critical reaction: 92 per cent approval rating on Rotten-Tomatoes.com

What made it great: With a snappy script, skillful performances and powerful action sequences, The Avengers offered a well-rounded meal for hungry comic book fans.

Opening box office take: $207.4 million

2 Pulp Fiction (1994)

The cast: John Travolta, Samuel L. Jackson, Bruce Willis, Harvey Keitel, Uma Thurman, Tim Roth, Ving Rhames, Rosanna Arquette, Eric Stoltz, Christopher Walken

High power head count: 10

Critical reaction: 95 per cent approval rating on RottenTomatoes.com

What made it great: Quentin Tarantino's landmark film resurrected John Travolta's career and became a watershed moment for indie cinema's increasing profitability.

Opening box office take: $9.3 million

3 Ocean's 11 (2001)

The cast: George Clooney, Brad Pitt, Julia Roberts, Matt Damon, Don Cheadle, Elliott Gould, Andy Garcia, Casey Affleck, Bernic Mac, Carl Reiner, Scott Kahn

High-power head count: 11

Critical reaction: 82 per cent approval rating on RottenTomatoes.com

What made it great: Funny, stylish, smart and very, very sexy, this heist caper front-loaded with talent made Steven Soderbergh's skill as a director shine that much brighter.

Opening box office take: $38 million

4 The Expendables (2010)

The cast: Sylvester Stallone, Jason Statham, Jet Li, Steve Austin, Dolph Lundgren, Terry Crews, Mickey Rourke, Randy Couture, Bruce Willis

High power head count: Nine

Critical reaction: 41 per cent approval rating on Rotten-Tomatoes.com

What made it great: The first Expendables film may not have found favour with critics, but box office numbers don't lie — audiences loved this over-the-top homage to the action films of the 1980s.

Opening box office take: $34.8M

5 The Royal Tenenbaums (2001)

The cast: Gene Hackman, Ben Stiller, Gwyneth Paltrow, Danny Glover, Bill Murray, Anjelica Houston, Alec Baldwin, Owen Wilson, Luke Wilson

High power head count: Nine

Critical reaction: 80 per cent approval rating on Rotten-Tomatoes.com

What made it great: Director Wes Anderson's quirky film about family dysfunction utilized each actor's strongest talents so well that the film is largely considered his best. A 2008 survey by film magazine Empire named it the 159th best film of all time.

Opening box office take: $8.5 million

On the web

Nicky Deuce, new Nickelodeon kids movie, mobbed up with four former stars of The Sopranos

Top Gun director helped create the modern blockbuster

Hollywood reacts. Director Tony Scott, who apparently took his own life, leaves behind a legacy of great films

NED EHRBAR
Metro World News in Hollywood

Director and producer Tony Scott died in Los Angeles Sunday of an apparent suicide after jumping from the Vincent Thomas Bridge over L.A. Harbor. He was 68.

According to LAPD officials, Scott leapt from the bridge around 12:30 p.m. Contact information left in his Toyota Prius parked nearby led police to his office, where a suicide note was reportedly found. Simon Halls, the publicist for both Tony and his older brother Ridley Scott, confirmed the death, saying, "The family asks for privacy during this time."

A prolific action director, Scott is best remembered for helping to create the modern blockbuster with films like Top Gun, Beverly Hills Cop 2 and the Last Boy Scout.

He directed Quentin Tarantino's first film as a writer, True Romance, and developed a successful collaborative relationship with Denzel Washington, whom he directed in five films including his last work, 2010's Unstoppable.

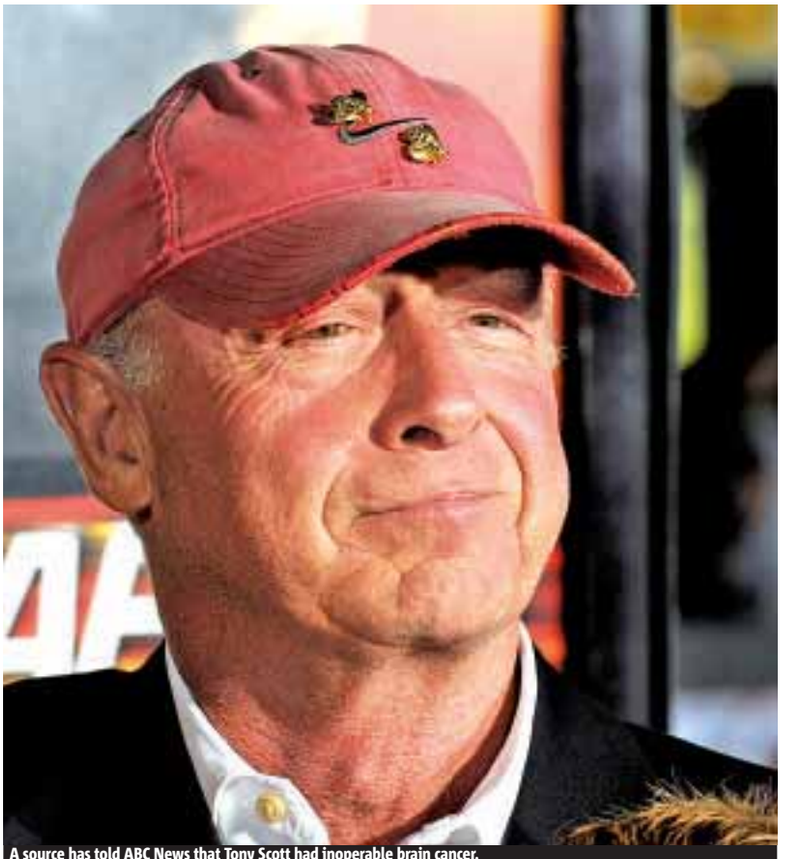
In 1995, he and brother Ridley formed Scott Free Productions to produce films and develop television properties like Numb3rs and the Good Wife.

At the time of his death, Scott was actively developing new film projects, including a sequel to Top Gun that would feature Tom Cruise reprising the role that helped make him a star.

A source told ABC News that Scott had been diagnosed with inoperable brain cancer.

Twitter reactions

- **Ron Howard (@RealRonHoward).** No more Tony Scott movies. Tragic day.
- **Robert Rodriguez (@Rodriguez).** Tony Scott. Damn. Great knowing you, buddy. Thanks for the inspiration, advice, encouragement, and the decades of great entertainment.
- **Jon Favreau (@Jon_Favreau).** Such sad news about Tony Scott. Heartfelt condolences to his family and friends.
- **Edgar Wright (@edgarwright).** I just woke up to hear about Tony Scott. Can't believe it. As I hope was evident in my work, I was big fan of his. Rest In Peace, sir.



A source has told ABC News that Tony Scott had inoperable brain cancer.
GETTY IMAGES

DVD reviews

The Hunger Games

Director. Gary Ross

Stars. Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth

In director Gary Ross's cinematic telling of The Hunger Games story, everything depends on the casting of the book's central figure, Katniss Everdeen. Happily, the character, a resourceful 16-year-old girl living in post-apocalyptic North America, is shrewdly realized by Jennifer Lawrence. From the moment she steps forward as a volunteer games participant (or "tribute"), bravely substituting for her terrified 12-year-old sister Prim (Willow Shields), Lawrence's Katniss is completely convincing as a woodland bow hunter and survivalist. All but the very young can simply enjoy The Hunger Games as a ripping good adventure yarn.
PETER HOWELL

DVD reviews

The Dictator

Director. Larry Charles

Stars. Sacha Baron Cohen, Anna Faris, Ben Kingsley

Sacha Baron Cohen satirizes fascist nut jobs in this comedy from director Larry Charles. Baron Cohen plays a fictional North African dictator, a ruthless military strongman who has usurped his country's throne from its rightful inheritor (played by Ben Kingsley). Cohen is now too famous for his usual shtick, setting his crazed characters — Borat and Bruno — loose in the real world. So he and Charles had to come up with a story using professional actors rather than credulous mooks. Much of The Dictator is like a Mike Myers movie, trading in juvenile slapstick, shock humour and the obligatory airing of naughty bits. And it's often funny.
PETER HOWELL

Arrest

Fight lands rapper in jail

Rapper Juvenile has been arrested on disorderly conduct charges after police responded to a fight at a nightclub in Miami Beach's Fontainebleau Hotel. A Miami Beach police report says the 37-year-old star was in the middle of a fight that broke out early Monday at the hotel's Club Liv. The rapper's real name is Terius Gray. Officials said Gray, of Slidell, La., was jailed on $500 bail.
THE ASSOCIATED PRESS

New era

Ripa to reveal new Live! co-host

The producers of Live! With Kelly say a new co-host will be revealed on the show Sept. 4. Disney-ABC Domestic Television said Monday that Kelly Ripa will officially announce her new partner as he or she joins her on stage that morning. By then, Ripa will have welcomed 59 guest co-hosts since Regis Philbin retired from the show last year.
THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry

The prince gets his party on, post Olympics

With the London Olympics behind him, Prince Harry headed back to Las Vegas this weekend for some fun and relaxation, according to People magazine. The royal bachelor was able to enjoy himself at the MGM Grand's poolside venue Wet Republic without drawing too much attention thanks to the presence of Jennifer Lopez, who was throwing a party a few bungalows away. He didn't go entirely unnoticed, of course. "A few groups of women approached him throughout the day and he talked to them briefly, but he didn't really centre his attention on anyone," a source says. "He definitely loved the attention, but he looked to be a gentleman with all the women."

A royally good time

"He definitely loved the attention, but he looked to be a gentleman with all the women."

Source

The Word

Nicki Minaj nabs a chair on American Idol

American Idol hasn't had any trouble replacing former judges Steven Tyler and Jennifer Lopez with high-profile stars.

A month after Mariah Carey signed on, it looks like fellow professional diva Nicki Minaj will take a seat at the judges' table as well.

"I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly.

"A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at Idol during this difficult time.

Private aisle: Did Justin and Jessica have a secret ceremony?

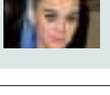
Did Justin Timberlake and Jessica Biel pull a fast one on Hollywood and sneak off to tie the knot this past weekend? At least one gossip columnist says yes. Janet Charlton reports on her blog that the engaged stars were in Jackson Hole, Wyo., this weekend — the site of Timberlake's proposal to Biel last December — for a rehearsal dinner Friday night followed by the wedding itself Saturday at a private estate. Their guests were staying at the Four Seasons resort nearby, according to Charlton's source.

Twitter

@chriscolfer
Does anyone else imagine @DianeSawyer when they think of God? Maybe I just watch too much news.

@TheEllenShow
13 million followers! If 13 is a lucky number, 13 million must be really lucky. I'm gonna go buy some lotto tickets.

@SethMacFarlane
I fear no man or thing the way I fear a bee in my car.



@katyperry
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How to detox the right way

Diet. This summer, health addicts raved about the benefits of detoxes. But is feeding your body nothing but blended fruit and vegetables really good for your health?

ROMINA MCGUINNESS
Metro World News

Unless you've been hiding out in McDonald's all summer, you'll have heard at least one of your friends mention how a juice detox helped them get the best body ever. Generally, people go on a detox because they want to lose weight, debloat or clear their skin. But they're missing the point, Dr. Frank Lipman, who advises Gwyneth Paltrow, tells Metro. "Your main motivation should be your health, not your weight." So is going on a detox ever a good idea? Yes, Lipman answers, as long as you're doing it right.

Why bother to try one?

"If you're going off the rails and have been eating too much crap and feel like you need to push the reset button, then a detox may be the right thing for you. But so many people do it wrong," says Lipman. "The benefits of a good detox include weight loss, higher energy levels, reduced bloating and puffiness, clearer skin, improved digestion and better sleep. It's an entry point into a healthy life."

What is it?

Going on a detox is about removing toxins from the body. Beyond that, it's about getting healthy.

According to Lipman, a truly effective detox is one where you supply your body with the specific ingredients needed to boost its own detoxification system. We have natural detox systems, such as the liver, but these tend to get overloaded by our modern diet and lifestyle. You need to support yourself with fresh nourishing food in order to replenish your system. The gut is a huge source of toxicity as its full of bad bacteria, so a good detox should include plenty of fibre to help remove the bacteria as well as anti-microbial herbs to kill it.

How do you do that?

Process of elimination. A detox isn't just about removing toxicity but eliminating foods from your diet that cause sensitivities or inflammation such as sugar, gluten, dairy, soy, eggs, caffeine and alcohol says Lipman.

Once the detox is over, slowly introduce the foods back into your diet one at a time and see how your body reacts.

"If you don't have a negative reaction, such as severe stomach pain, nausea, headache or fatigue, then you can assume that it's not a problem for you to continue eating these foods."

You have to stick to a detox program for a minimum of 10 days, the length of time it takes for the body to get over food sensitivities and sugar cravings.

So is detoxing dangerous?

"No, it's good to remove the crap in your diet once in a while," confirms Lipman. But it can be a problem if it's not done properly. "Ninety per cent of people go on a detox to lose weight and look good. But if they did do it in the mind set of getting healthy, they would get better results and still lose the weight."

Just reconsider juicing

The problem with a juice detox is that there is only so much time you can spend without solid food, says Lipman. Juicing for a couple of days is fine, but you're not really cleaning out your gut, which is what a detox is all about. You think you're getting skinny, but you're probably gaining weight.

"A juice detox is fine for resting the gut and not taking in gluten, dairy and refined sugar, but a lot of juice detoxes are full of fruit so full of sugar. Too many sugars and not enough nutrients could actually have an adverse effect, triggering weight gain rather than weight loss," Lipman warns. "If you're going to have a juice, make sure it's not 100 per cent fruit, but contains green leafy vegetables such as spinach or kale as well."

Quote

"Going on a detox is like going to a food rehab."

Dr. Frank Lipman
Author of Revive: Stop Feeling Spent and Feel Great Again

Drink it up. THINKSTOCK

Take note. Three things you should know before starting a juice detox

"While your liver, kidney and skin regularly function as your detox organs, they sometimes need a little help because we no longer eat pure, unadulterated foods 100 per cent of the time," says Zoë Sakoutis, founder of the Blue Print Cleanse. She gives us a few pointers.

1 The top five foods to include in a juice are dark leafy greens such as broccoli and kale, as well as lemon, watermelon, cucumber and beets.

2 Nutrients in juice-form can be absorbed and assimilated more easily, so your body isn't spending much energy on digestion, and is able to rest and restore itself whilst being fuelled with raw energy.

3 The benefits of a juice detox include increased energy levels, improved sleeping patterns and better digestion.

METRO

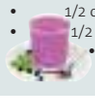
Recipes

Here's three juice recipes from Dr. Lipman's cleanse program. Blend away...

Pineapple Smoothie (serves 1)
- 1/4 cup coconut milk
- 3/4 cup coconut water
- 1/2 cup frozen pineapple pieces
- 1 tbsp shredded unsweetened coconut
- 4 ice cubes

Greena-Colada Avocado Smoothie (serves 1)
- 1 cup frozen pineapple chunks
- 1 cup coconut water (or almond milk or water)
- 1/4 avocado
- 1 tbsp coconut oil
- 2 ice cubes
- 1/4 avocado

Blueberry Pear Smoothie (serves 1)
- 1 large ripe pear, peeled and diced
- 1/2 cup frozen blueberries
- 1 teaspoon vanilla extract
- Pinch of ground ginger
- Juice of 1/2 a lime
- 1/2 cup almond milk
- 1/2 cup filtered water
- 3-4 ice cubes



LIFE 3

On the Web

SuperAgers in 80s have brains similar to those 20, 30 years younger: study

Skip the pasta noodles and give lasagna potato power

This recipe serves eight to 10. NEWS CANADA

It tastes just like the Italian-style favourite, except this version replaces pasta with sliced Ontario Yukon Gold potatoes. It's a satisfying meal that's quick and easy for kids and parents to prepare.

The adults peel and slice potatoes. Older kids can par-cook potatoes in microwave and cook ground beef. All kids can layer ingredients in baking dish.

1. Preheat oven to 400 F (200 C).

2. In fry pan, cook beef on medium heat, breaking up pieces with back of wooden spoon or spatula. Stir in oregano, garlic. Remove from heat.

3. Place sliced potatoes in bottom of 2.5-quart (2.35 l) baking dish. Cover with plastic wrap. Heat on high 8 minutes or until potatoes in middle of dish are tender when pierced with a fork. Use oven mitts when removing cover.

4. Sprinkle flour on top of potatoes. In a bowl, mix cooked ground beef mix with tomato sauce and spread over top.

5. In bowl, mix cottage cheese, egg and Parmesan cheese. Spread over tomato sauce layer. Sprinkle grated Cheddar cheeses over cottage cheese layer.

6. Bake uncovered 30 minutes, until cheese is lightly browned and sauce is bubbling at edges. Let stand 5 minutes. **NEWS CANADA**

Ingredients

- 1 lb (500 g) lean ground beef
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (3 ml) chopped garlic
- 2 lb (1 kg) Ontario Yukon Gold potatoes, peeled and thinly sliced
- 1 tbsp (15 ml) all-purpose flour
- 1 1/2 cups (375 ml) tomato sauce
- 1 1/2 cups (375 ml) cottage cheese
- 1 egg
- 1/3 cup (75 ml) grated Parmesan or Romano cheese
- 1 cup (4 oz /100 g) grated Cheddar and mozzarella cheeses

Health Solutions

Condiment conundrum

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Everyone likes a burger on a hot summer day!

But most of them pack enough of a calorie bomb without adding insult by condiment.

Be careful what you top your babies with, and be able to enjoy them more often (and for longer).

Don't

- 1 oz grated cheddar cheese adds 119 calories and 9 grams of fat
- 1 tbsp mayonnaise adds 60 to 80 calories and 8 to 12 grams of fat
- Lick's Guck or "special" sauce adds 50 calories and 6 grams of fat

Do

- Mustard adds zero calories, no fat
- Dill pickle adds zero calories and no fat
- Dill pickle relish adds zero to five calories and no fat
- Tomatoes, lettuce, onions and peppers are free and unlimited

Just so you know...

- 1 tbsp ketchup is 20 calories (and one whole teaspoon of sugar)
- 1 tbsp barbecue sauce is 30 calories (and one whole teaspoon of sugar)

Choose wisely. Your abs are watching you.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Skillet super. Potato & Roasted Pepper Frittata

Serve up this skillet supper with a green or Caesar salad to complete your meal. It is also delicious with warm pasta sauce or stuffed into a crusty ciabatta bun for a take away lunch for the office the next day.

1. Dice potatoes into 1/2-inch (1 cm) cubes; set aside.

2. In skillet heat oil over medium high heat. Add potatoes, onion, garlic, Italian seasoning, salt and pepper. Cook, stirring 5 mins. Reduce heat to medium, cover and cook, stirring once about 5 mins. or until potatoes are tender. Stir in roasted peppers and parsley.

3. In bowl, beat eggs and Asiago cheese. Pour over potato mix, lifting and stirring eggs into mixture with spatula. Cook, 8 mins. or until bottom is light golden and top is set. Place large plate over skillet and invert frittata onto plate. Slide frittata back into skillet and cook for 5 mins. or until bottom is golden. **NEWS CANADA**

Ingredients

- 3 red Ontario Potatoes (about 1 lb/500 g), scrubbed
- 2 tbsp (25 ml) extra virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) pepper
- 1/2 cup (125 ml) diced roasted red peppers
- 3 tbsp (45 ml) chopped fresh Italian parsley
- 6 eggs
- 1/2 cup (125 ml) shredded Asiago cheese

Roast, smash and garam masala them to perfection

Garam masala is a widely available, yet little used (in North America) seasoning blend from northern India. Like so many Indian spice blends, there is no set recipe for garam masala. The ingredients can vary tremendously by region. In general, it usually contains a mix of spices that are at once sweet and warming: coriander, cardamom, cinnamon, cloves, cumin and black pepper.

"Warming" is a flavour that has a fullness without acidity or sharp flavours. Think spice cookies and gingerbread minus the sugar.

That's a flavour profile not common to North American cooking, but it works on roasted meats and vegetables make it worth changing that. Here, it's used to make smashed and roasted potatoes.

Ingredients

- 3 lbs red or yellow new potatoes
- 1/4 cup olive oil
- 1 tbsp garam masala
- Kosher salt and ground black pepper
- 1 cup grated manchego cheese

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 400 F. Coat 2 baking sheets with oil or cooking spray.

2. Place potatoes in saucepan and add enough cool water to cover by 1 inch. Bring to a boil and cook until tender, about 15 to 20 minutes. Drain well.

3. Return the potatoes to the pot and set over medium heat. Heat, shaking the pan frequently to keep the potatoes moving, for 1 minute, or until dry.

4. Transfer the potatoes to the prepared baking sheets, leaving 2 inches around each. One at a time, set a sturdy mug over each and push down to lightly crush. They should be lightly cracked and slightly flattened, but not falling apart.

5. In liquid measuring cup, whisk together the olive oil and garam masala. Drizzle the oil over the potatoes, coating each one well. Season the potatoes with salt and pepper, then roast for 15 minutes, or until lightly browned. Sprinkle the manchego over each, then return to the oven for 5 to 7 minutes, or until the cheese begins to brown.

THE ASSOCIATED PRESS

Advice

How to use a dinner napkin

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

There's always debate on the proper use of a dinner napkin. How about in this instance? If a person has used a table napkin, then that would mean there is food on it, as well as some of the diner's saliva. Therefore, if they left this napkin on their chair, the next person to sit there would get traces of said offending materials on their clothing.
Kristin

Dear Kristin,
Since my previous article about the use of dinner napkins, I have received many, many emails like yours.

But you made me think that perhaps people may be confused on how best to use a dinner napkin that actually avoids everyone's concerns about soiling the seat and clothing.

When you first sit down and place a clean napkin on your lap the napkin should be folded in half lengthwise — the folded end goes toward you and the open end away from you (where your knees are).

When you need to use your napkin, always bring the open end up to your mouth and wipe your lips/mouth with the inside portion of the folded napkin. This keeps the dirt, food and grease away from the outside of the napkin and thus protects your clothing when you put it back on your lap, or should you need to leave it on the chair.

Based on your emails, many readers feel very passionate about napkin etiquette. I mean, who knew?

Anyway, please keep your emails coming; I love *all* of your comments and opinions and they are always welcome!

Make note of the fold on this napkin. ISTOCK

There's hope for the dumped

Feedback. Website offers unique method for people to get constructive criticism from their exes

HEIDI PATALANO
Metro New York

WotWentWrong.com is hoping to help people like this guy understand why their exes aren't having it anymore. ISTOCK

For the long list of ways a person can be dumped, unfortunately most often, no actual breakup happens at all. Ending a relationship with unreturned phone calls or unanswered texts is sadly the norm.

Audrey Melnik, CEO of WotWentWrong.com, has had enough of that. Fed up with the anguish she and her friends experienced when they were kicked to the curb with no explanation, she was determined to find a productive and socially acceptable method of getting feedback from those who had ended things.

The result is a website that helps the dumped compose what Melnik describes as a "nonchalant, not clingy" email that politely asks the one who did the dumping for full disclosure.

"The tone that I wanted to set pretty much throughout all of it is: 'I'm not trying to get back together with you; I just want to know so I can not make that mistake in the future and improve the next time,'" Melnik explains.

Users can select from a number of tones — from flippant to flattering, philosophical to sincere — from which to compose their email to the ex-mate from whom they are seeking an answer. The site provides text like, "Going out with you was fun for me, and I believed for a while that it was also fun for you. Since I haven't heard from you for a while, I'm assuming things have changed. It would really be great if you could give me some feedback on what went wrong."

Customize the message however you see fit, and it gets sent off to the object of your unrequited affection.

Melnik so far has been pleased with the results. Not only has the site helped many daters learn more about their own annoying dating habits, but the anonymously aggregated data that results from using the site has provided some fascinating statistics that will help anyone learn more about modern dating behaviour (see factbox).

"I think one of the key things that we're discovering is that there are two different facets: either there are certain things that you can learn that you are doing that you can change or there are certain things about you or your lifestyle that aren't things you can change, so it just means you should stop worrying about it," Melnik says. "Sometimes it's just about finding out that it's not about you, and that can make you feel better."

Top 3 reasons for dumping

1. Not ready for a relationship
2. Lack of punctuality
3. You're married/bad hygiene (tied)

DATA WAS COLLECTED FROM 500 ANONYMOUS, RANDOM USERS ON WOTWENTWRONG.COM

Sometimes even the bank screws up too

Alison's money rule. Follow these four tips to help you deal with those big bank errors

YOUR MONEY
Alison Griffiths
money@metronews.ca

My sister would rather keep her money in a sock than deal with the big banks. Her feelings were confirmed after a recent error was made transferring funds from her old Scotiabank branch to a new one. The result was a number of bounced cheques and considerable embarrassment.

Not expecting any mea culpas, she complained to a teller who ushered her into an account manager's office. Not only did the woman apologize but she offered my sister six months of zero fees on her account.

Boldly, dear Sis said that wouldn't quite cover the NSF fees but the woman could not authorize any more largesse. Enter the branch manager who proclaimed, "let's just do away with your fees permanently."

You can't always get what you want when a bank screws up, but follow these tips to give you the best chance to notice errors and get compensation.

1. Pay attention
There's no way to catch a mistake if you're not checking your account statements and ATM transactions regularly. Be particularly vigilant about transfers, automatic deposits and debits and Internet banking.

2. Marshall your facts
Don't bother starting the complaint process until all facts and documents are at hand. Detail everything you can recall including the dates and confirmation numbers if appropriate.

3. Be prepared to go up the ladder
All bank employees, including branch managers, have limits to what they can authorize. To get more you will have to go higher. Asking for the vice president in charge of consumer services at head office if luck runs out at the branch level. Otherwise you can file a complaint with the Ombudsman for Banking Services and Investments (obsi.ca) For TD and RBC complaints go to ADR Chambers (bankingombudsca.)

4. Hold your temper
Anger and abuse toward employees may make you feel better temporarily but it gives the bank an acceptable reason to stop dealing with you. Be firm, be reasonable then shout up a storm in private.

With billions of bank transactions in Canada annually, mistakes will happen. Do complain even about small mistakes. You could be surprised by the result.

In numbers

864M

Canadians made 864 million transactions at bank-owned ATMs in 2011.

Pay attention! If you don't check your account statements for accuracy, you might miss a bank error. ISTOCK IMAGES

Designer backpacks don't get an A+

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Parents across Canada are bracing themselves for hefty back-to-school expenses; totaling up to a whopping $600 per family. If you throw school fees, tuition, computers and other electronics into the mix, the amount can be much greater.

Avoid spending bucket loads of money on school supplies, clothing, and backpacks and use your savings towards your child's RESP, a family trip or other memorable experience.

Before you head to the store, take an inventory of last year's leftover supplies. If the stash of pens, paper, rulers, and calculators are in descent shape, don't replace them. That's a waste of money and bad for the environment.

Cross-reference your child's school supply checklist with the items you still need and prepare a budget in consultation with your child.

This activity allows Junior to learn how a budget is created and hopefully he/she will develop a better appreciation for Mom and/or Dad's limited resources.

Sometimes you have to draw a firm line between fashion and function. ISTOCK IMAGES

When shopping use coupons for EVERYTHING and try to spread out your purchases so there is less pressure on your cash flow.

Steer clear of specialty brands. Though they may not showcase holographic images of Disney's BRAVE, basic supplies can be 'personalized' with inexpensive stickers and designs.

Online shopping can produce further savings because retailers don't have as much overhead costs thus they can pass the savings along to customers. If you cross the border for travel, buy in bulk from discount retailers or outlet stores.

Don't be afraid to buy high quality used items like desks, computers and clothing.

When I was school-aged, both my parents were upgrading their post-secondary education. For nearly a decade, because of vast tuition expenses and lack of full-time income, our family lived an ultra-frugal lifestyle.

When September rolled around, my brother, sister and I relied on freebies, hand-me-downs, libraries and thrift shops for nearly all our school supplies, books and clothing.

When it comes to clothing, don't be afraid to draw a firm line between fashion and function.

If your child wants the latest TOMs shoes, have them pitch in their own money for it. Another way to manage a child's expectations is to explain budget trade offs; if they want a higher priced backpack, it will be at the expense of a cheaper, and less 'cool' binder.

Whatever you buy, ensure it's high quality so that you won't have to replace it prematurely.

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Swing away! Augusta changes stance on female membership

Golf. After 80 years, historic Masters course will finally have women in green jackets

For the first time in its 80-year history, Augusta National Golf Club has female members.

The home of the Masters, under increasing criticism the last decade because of its all-male membership, invited former U.S. secretary of state Condoleezza Rice and South Carolina financier Darla Moore to become the first women in green jackets when the club opens its season in October.

Both women accepted.

"This is a joyous occasion," Augusta National chairman Billy Payne said Monday.

The move likely ends a debate that intensified in 2002 when Martha Burk of the National Council of Women's Organizations urged the club to include women among its members. Former club chairman Hootie Johnson stood his ground, even at the cost of losing Masters television sponsors for two years, when he famously said Augusta National might one day have a woman in a green jacket, "but not at the point of a bayonet."

The comment took on a life of its own, becoming either a slogan of the club's resolve not to give in to public pressure or a sign of its sexism.

"Oh my God. We won," Burk said. "It's about 10 years too late for the boys to come into the 20th century, never mind the 21st century. But it's a milestone for women in business."

Payne, who took over as chairman in 2006 when Johnson retired, said that Rice and Moore were not treated differently from other new members. Even so, he took the rare step of announcing two of the latest members to join because of the historical significance.

Rice, 57, was the national security adviser under George W. Bush and became secretary of state in his second term. The first black woman to be a Stanford provost in 1993, she now is a professor of political economy at Stanford's Graduate School of Business.

"I have visited Augusta National on several occasions and look forward to playing golf, renewing friendships and forming new ones through this very special opportunity," Rice said in a statement released by the club. "I have long admired the important role Augusta National has played in the traditions and history of golf."

THE ASSOCIATED PRESS

Road to acceptance

A person with knowledge of club operations said Condoleezza Rice and Darla Moore first were considered as members five years ago.

- That would be four years after the 2003 Masters, when Martha Burk's protest down the street from the club attracted only about 30 supporters, and one year after Billy Payne became chairman.

A view of the 15th green during this year's Masters tournament at Augusta. SCOTT HALLERAN/GETTY IMAGES FILE

Darla Moore, left, and Condoleezza Rice were announced as the first female members of Augusta National Golf Club on Monday. THE ASSOCIATED PRESS FILE

Does NHL solution lie in revenue sharing?

An Ottawa-based economic think-tank has a solution to the NHL's labour headaches that fans of small-market teams will love, but owners of the league's cash cows will probably loathe — competitive balance through extensive revenue sharing.

With the league's collective bargaining agreement set to expire Sept. 15, owners have proposed a new deal that includes trimming the players' share of revenue from 57 per cent to 46 per cent. While that approach might ensure even money-losing franchises would break even, Glen Hodgson of the Conference Board of Canada says players would never accept it.

And neither would fans.

"The (average) fan says put some revenue-sharing options on the table as a way to get this done," says Hodgson, the board's senior vice-president and chief economist. "(But) that means rich teams are going to have to give up some money."

The board has published several studies on the pro-sports industry in North America, and earlier this year identified the NFL — where 80 per cent of revenues are shared among 32 teams — as the league offering the best balance of profitability and competitiveness.

TORSTAR NEWS SERVICE

Quoted

"(NFL revenues) are pretty simple to share 32 ways. You carve it up and it's a nice boost to your profits. But (it's more difficult) if you're taking the money out of someone's profits."

Glen Hodgson of the Conference Board of Canada. Hodgson says teams like the Toronto Maple Leafs need to determine which is more costly: Losing an entire season's profits every few years to a strike or lockout, or losing a fat fraction of their income every year to maintain labour peace.

Onus on big markets

Hodgson acknowledges that NFL teams share more than $9 billion in annual revenue, including a broadcast deal that pays roughly $4 billion a year.

- In contrast, the NHL's U.S. broadcast deal is worth $200 million annually, meaning revenue sharing would consist of big-time money makers like the Toronto Maple Leafs subsidizing teams like the Phoenix Coyotes.

NFL

Seau autopsy results show no sign of alcohol, illegal drugs

Junior Seau had no alcohol or illegal drugs in his system when he shot himself in the chest at his home in May.

The San Diego County medical examiner's office on Monday released the full autopsy results for the 43-year-old former linebacker, saying he used a .357-calibre unregistered revolver to kill himself on May 2. The 16-page report said Seau did have Zolpidem, used to treat insomnia, and traces of Naproxen, a common drug used to relieve pain caused by osteoarthritis, in his system when he died.

The autopsy said Seau's brain didn't appear to have any trauma.

THE ASSOCIATED PRESS

NHL

Hartnell signs big deal to stay a Flyer

The Philadelphia Flyers signed left-winger Scott Hartnell to a six-year contract extension worth $28.5 million US on Monday.

The deal with the six-foot-two, 210-pound Hartnell kicks in after the 2012-13 season.

THE CANADIAN PRESS

4 SPORTS

Mobile sports

His arm still appears strong and he's been able to weather some hard hits, but Peyton Manning and his Denver Broncos have yet to show the ability to pile up the points so far in the NFL pre-season. Scan the code for the story.

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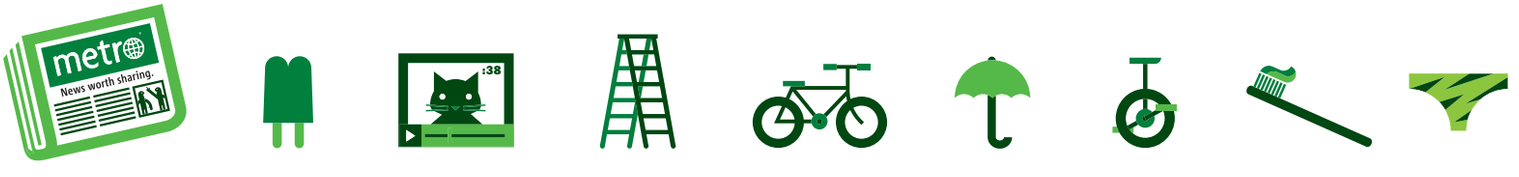
Sharability



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Horoscopes

♈ Aries
March 21 - April 20
There is no point in working too hard today — in fact it could be counter productive. If you need to burn off some of your excess emotional energy, the best way is through physical activity. Go for a walk.

♉ Taurus
April 21 - May 21
The pace of life will pick up considerably over the next few days, so fasten your seatbelt. Creatively, all things are about to become possible — no goal is beyond you if you want it enough.

♊ Gemini
May 22 - June 21
What you do for other people now, especially for friends and relatives, will determine how things go for you later on. You don't have to be a saint but you do have to realize you are not the only one with desires.

♋ Cancer
June 22 - July 23
There are more than enough unhappy people in the world as it is — don't add to their number. Whatever your problems may be, you are, in fact, one of the lucky few. Shape up and start smiling again.

♌ Leo
July 24 - Aug. 23
Stop looking for reasons to fail and start doing the things that make success more likely. What is your definition of success, exactly? It's not just about money and power. Don't forget spiritual growth.

♍ Virgo
Aug. 24 - Sept. 23
Suddenly you are motivated. Suddenly you want to get out there into the world and make things happen. The Sun's imminent move into your sign will encourage you to believe you have what it takes. And you do.

♎ Libra
Sept. 24 - Oct. 23
According to the planets you are getting close to the point where reality gives way to illusion. Question everything you see and hear today. Most of all, question what your own mind tells you. Can you trust it?

♏ Scorpio
Oct. 24 - Nov. 22
You may not agree with what a loved one is doing but you owe it to them to be supportive. They have assisted you in the past, now you have the opportunity to return the favor. Don't waste it.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity close to the career angle of your chart makes this the perfect time to push ahead with your ambitions. What is it you want most out of life? What is it you dream of being and doing?

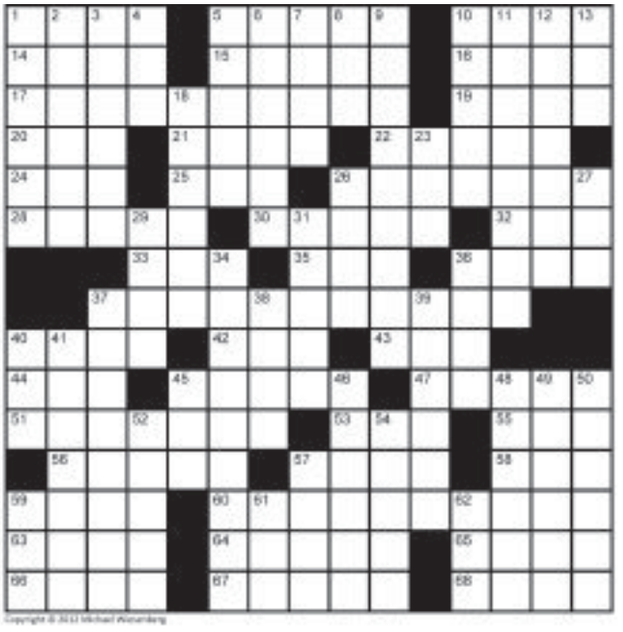
♑ Capricorn
Dec. 22 - Jan. 20
You don't care in the slightest what people think about your words or actions. If they have a problem with any of it, well, that's just too bad. Life is too short to waste time trying to keep everyone happy.

♒ Aquarius
Jan. 21 - Feb. 19
Something has been nagging at your mind for quite a while and will continue to nag until you do something about it. The fact that you have neglected it for so long is irrelevant — it's what you do now that matters.

♓ Pisces
Feb. 20 - March 20
The planets urge you to ignore any and all opposition and to push ahead with your plans. Your critics may be many and vocal but they will soon come around when they see how well you are doing without their help. **SALLY BROMPTON**

Crossword: Canadian Puzzle

BY MICHAEL WIESENBERG



Across
1. Operatic solo
5. "Sure, I'll handle it!" (2 wds.)
10. Lhasa ___: small dog
14. One of 11-Down: abbr.
15. Slobber
16. Astronaut team
17. Montréal's ___ Seaway (2 wds.)
19. *Elizabeth* star Blanchett
20. Can. neighbor
21. Sharpen
22. Tax month
24. *The Da Vinci Code* director Howard
25. Beatles hit "___ Loser" (2 wds.)
26. Canada's most populous province
28. Break up the romance (2 wds.)
30. Dispatches
32. Ending meaning "kind of"
33. Club ___ :vacation destination
35. ___ Croix, Que.
36. Wagers
37. Northwest ___
40. "Confound it!"
42. Consumed
43. Whirlpool site
44. Serpentine seafood
45. Assent
47. Experiences pain
51. Stampeders home
53. Duo
55. Computer key: abbr.
56. "___ far, far better thing that I do ...": Dickens' *Tale of Two Cities* (3 wds.)
57. "Whole Lotta Shakin' ___ On"
58. Pontiac muscle car of the '60s
59. Russian mountain range or river
60. Grammy and Juno award winning French-Canadian singer (2 wds.)
63. Plummeted
64. School: Fr.
65. About, in contracts (2 wds.)
66. Versified tributes
67. Distributed seeds
68. Beaver projects

Down
1. Allay one's fears
2. Points the finger at (someone) (2 wds.)
3. Vancouver ___: Victoria's location
4. Alias
5. Computer data holder: acronym
6. Stadiums
7. Not one
8. ER worker, for short
9. Poisonous flowering evergreen shrubs
10. Ghana's capital
11. Provinces between BC and 26-Across, familiarly
12. The tunes a band plays at a concert (2 wds.)
13. Be in debt
18. Procol Harum's "A ___ Shade of Pale"
23. Halves of qts.
26. Aware of
27. Cries of insight
29. "... ___a man with seven wives" (2 wds.)
31. ___ Lauder : cosmetics and fragrance brand
34. Hotrod showdowns (2 wds.)
36. Belle's boyfriend
37. Yarn-spinner's forte (2 wds.)
38. Humble response to "Good job!" (2 wds.)
39. "There's an app for that" device
40. Xmas mo.
41. Televised again
45. Small batteries
46. Star: Fr.
48. Provincial capital whose name means "queen"
49. Loud weather phenomenon, as shortened in weather reports
50. Teacakes
52. Underwater breathing organs
54. ___ and dined: treated lavishly
57. Aura
59. Flying saucer
61. "Green" prefix
62. Performed

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2		9			
	4					1		
1		6				7		3
		1	9	8	7	5		
6								8
		8	3	6	5	4		
7		3				2		6
	2						4	
			7		1			

Yesterday's Sudoku

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